

Maryland Diabetes Prevention e-Link

Your connection to resources and tools



The Maryland Diabetes Prevention e-Link is a part of the Maryland Diabetes Prevention and Control Program (DPCP). The Maryland DPCP works through a model of influence with other organizations and professionals to prevent and control diabetes and its risk factors across the state. [Learn more here.](#)

Power to Prevent Diabetes ads

Have you seen our [Power to Prevent Diabetes ads](#) on TV? We are running them in selected areas of the state. Check out our YouTube channel to view the ads.

Job Announcements

The Department of Health and Mental Hygiene Center for Chronic Disease Prevention and Control has immediate openings for the following positions. The Center's mission is to improve Maryland's health by preventing and controlling chronic diseases, such as diabetes, heart disease, and stroke. This is an opportunity to join a dynamic, highly motivated team working to create healthier environments across Maryland.

[Program Evaluator](#) (2 positions)
[Health Systems Coordinator](#)
[Quality Improvement Policy Analyst](#)
Application Deadline - June 17, 2016

Department of Health and Mental Hygiene (DHMH) is seeking a [Program Manager](#) to serve within the Center for Cancer Prevention and Control (CCPC). The overall purpose of this position is to enhance collaboration of the National Center & Chronic Disease Prevention and Health Program (NCCDPHP) federally and state funded cancer control programs within DHMH, large health systems and other key partners.
Application Deadline - June 12, 2016

New Nutrition Facts Labels to Feature Added Sugars, with Daily Value

The Food and Drug Administration finalized the new [Nutrition Facts label](#) for packaged foods. The new labels should help consumers make better choices and reduce their risk of obesity, type 2 diabetes, and heart disease. A line showing added sugars will be added to the labels. See an [infographic](#) that summarizes the key changes.

[Join Our Mailing List](#)

[Find Classes in Maryland](#)

[Diabetes Prevention Programs](#)

[Diabetes Self-Management Education Programs](#)

[Chronic Disease and Diabetes Self-Management Programs](#)

[Resources and Tools](#)

[Maryland Diabetes Program](#)

[National Diabetes Prevention Program](#)

[National Diabetes Education Program](#)

[Diabetes Training and Technical Assistance Center](#)

[CDC National Diabetes Statistics Report, 2014](#)

[Other Interesting Links](#)

[Maryland Cancer Collaborative on Facebook](#)

[Maryland Patient Navigation Network on Facebook](#)

Upcoming Trainings

Diabetes Prevention Program Coach Training

June 22 & 23, 2016

9 a.m. to 5 p.m.

Linthicum, MD

The CDC-led National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program for preventing type 2 diabetes. The year-long program helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills.

This interactive 2-day training, led by an expert Master Trainer, will provide your organization's Lifestyle Coaches with the skills, knowledge and experience to successfully facilitate the lifestyle change program.

Your organization must provide proof of recognition or pending recognition from the CDC before beginning the class. To enroll, complete an [application](#) and email documentation from the CDC of your recognition status to monica.franklin@maryland.gov. Once your application is accepted, we will send details about the training, along with homework preparation.

CDC documentation is either:

- 1) the CDC email with the pending recognition code number or,
 - 2) the CDC email stating that your application for the recognition program has been approved (and that your recognition number is forthcoming).
- The email lists "DPRPDoNotReply (CDC)" in the Sender line.

Learn more about [CDC Recognition here](#).

How Evidence-Based Self-Management Programs Can Improve Your Patient Outcomes

June 16, 2016

1 p.m. to 2 p.m.

Please share this information with your health care partners. It is a webinar for them to learn about the following:

1. Identifying and reaching individuals with health risks/poorly managed chronic conditions
2. Improving patient outcomes
3. Engaging patients to become active partners with their health care team
4. Increasing your patients' engagement and self-management skills
5. Reducing health care costs and utilization

Attending the webinar will help providers learn how to refer patients to these effective, evidence-based low-cost self-management programs.

[Register](#)

DSME and DSMP Providers!

Take Your Diabetes Education to the Next Level by Offering the Diabetes Prevention Program

Building Your DPP: Everything You Need to Know and More

June 15, 2016

8 a.m. to 12:45 p.m.

If you are a Diabetes Self-Management Education (DSME) or Diabetes Self-Management Program (DSMP) provider, join us for this training to learn about becoming a National Diabetes Prevention Program (DPP) provider. The training will be facilitated by Joanna Craver from the American Association of Diabetes Educators (AADE). CEU credits available. [Register](#).

New Opportunities for Reimbursement: A Look Into Billing, Coding, and Marketing

July 14 & 15, 2016 (note date correction from last month)

8 a.m. to 5 p.m.

For providers of DSME, this training by Mary Ann Hodorowicz will focus on coding and coverage for Diabetes Self-Management Training (DSMT),

Medial Nutrition Therapy (MNT), and Intensive Behavior Therapy for Obesity (IBTO). In addition, marketing and sustainability, and motivational interviewing will be addressed. [Register](#).

SAVE THE DATE! - Evidence-Based Community Programs for Chronic Diseases

September 7, 2016

8 a.m. to 4 p.m.

For chronic disease professionals, coaches/leaders, local health departments, aging network, health care/allied health professionals, the goal of this conference is to provide professionals with practical skills that will strengthen the utilization and sustainability of evidence-based community programs for chronic diseases and facilitate the development of partnerships.

Don't Miss Out!

Use the Be Healthy Maryland site to publicize your diabetes and diabetes prevention classes

Publicizing your classes, tracking data and participants, and managing referrals can be difficult and time consuming. DHMH's new website makes these tasks easier for your organization

The new [Be Healthy Maryland](#) website is now live. The site makes it easier for Marylanders to locate and be referred to evidence-based diabetes prevention, and diabetes and chronic disease self-management programs. Program providers can use an associated website, Maryland Workshop Wizard, to add and manage class information.

If your organization provides one of the programs listed below, don't miss this opportunity to use the site to publicize your classes and receive referrals from healthcare providers and the public.

Diabetes Self-Management Education (DSME)
Stanford Chronic Disease Self-Management Education Programs (CDSME)
including Chronic Disease, Diabetes, Pain, and Cancer
Diabetes Prevention Programs (DPP)

Please contact the [CCDPC](#) to learn more.

Webinars and Events

Using Telehealth to Deliver Diabetes Self-Management Education

June 21, 2016

1 p.m. to 2:30 p.m.

This webinar, presented by the Health Resources and Services Administration will explore how telehealth may help increase access to Diabetes Self-Management Education (DSME) for patients or partners and stakeholders that provide care to patients with diabetes. Key issues for successfully establishing and operating DSME programs using telehealth will be covered, as well as the clinical efficacy of this delivery model.

DiabetesSisters' Life Class Webinar Series

Diabetes Sisters offers webinars in order to educate, support, and advocate for women with diabetes. View archived webinars or register for upcoming events.

Diabetes Webinar Series

The Utah Department of Health offers a free monthly webinar designed for individual or groups of diabetes educators, Pharmacists and other health care providers interested in staying up to date on current practices of care for their patients with diabetes. The webinar takes place on the third Wednesday of each month from 2 - 3 pm.

Tour the Prevent Diabetes STAT Toolkit

Recorded Webinar

Hosted by DTTAC, this free webinar will take you through the Prevent Diabetes STAT toolkit that was released by the American Medical Association and the CDC earlier this year.

America's Health Rankings Releases State Profiles of Unhealthy Behaviors

United Health Foundation released the **report** "America's Health Rankings Spotlight: Impact of Unhealthy Behaviors," which highlights the impact of unhealthy behaviors through state-by-state **profiles**. This report reviewed how certain behaviors, such as tobacco use, poor sleep habits, high alcohol consumption, physical inactivity, and obesity status, impact health, and found that 72 percent of U.S. adults report at least one unhealthy behavior, and 12 percent report three or more. The report recommends focusing on how to reduce the prevalence of multiple unhealthy behaviors.

New Resources

Resources for Asian Americans, Native Hawaiians, and Pacific Islanders

- Asian Americans have higher rates of diabetes (9%) than non-Hispanic whites (7.6%)
- More than half (51%) of Asian Americans with diabetes are undiagnosed
- Native Hawaiians and Pacific Islanders have especially high rates for diabetes (14.3%)

The National Diabetes Education Program (NDEP) provides **culturally-appropriate resources** in 16 languages to help prevent and manage diabetes and improve health.

Help Your Clients Eat a Healthy Diet on a Budget

The United States Department of Agriculture maintains ChooseMyPlate.gov, which is full of tips to help people eat a healthier diet. Check out this **booklet** that includes tips for eating on a budget and many recipes.

Diabetes Goes Digital

Keeping track of food, fitness, blood sugar levels is a lot to manage. The Center for Disease Control and Prevention notes that an online search will turn up hundreds of apps and websites that make it easier to:

Track blood sugar and share results with family, friends, and health care team.

Meet other people with diabetes through online forums and community groups.

Access tried-and-true calorie and carb tracking software to support healthy, sustainable weight loss.



Diabetes at Work

Diabetes and Depression

The National Diabetes Education Program provides a resource and newsletter for employers. Read an excerpt from the newsletter about the link between diabetes and depression, and learn resources that employers can use to support their employees with diabetes.

People with diabetes often experience diabetes-related distress, which refers to the worries, stresses, and fears that can come with a chronic, life-threatening illness. When people with diabetes experience distress, they may feel overwhelmed by the day-to-day challenges of managing the disease. Their motivation for self-care may be low and may influence their eating patterns and physical activity levels.

Evidence also shows a link between depression and diabetes. People with diabetes may be at greater risk of depression than people who don't have the disease. Also, the chances of becoming depressed increase as a person develops more or worse diabetes complications. But the good news is that there are effective ways to reduce stress and depression.

Learn more about diabetes and depression and use the Diabetes at Work [lesson plan](#) "Managing Stress and Emotional Well-being" to raise employee awareness.

The Healthy Meeting Toolkit

The Healthy Meeting Toolkit is a new resource from the National Alliance for Nutrition and Activity (NANA) to help organizations plan healthy meetings. Nearly half of our waking hours are spent at work, and many of those hours are spent in meetings and conferences. By adopting healthy meeting guidelines, your organization can help to create an environment that supports your employees' efforts to eat well and be physically active.

Here are a few suggestions to create a culture of health and wellness in meetings:

Make water the default beverage.

Do not serve fried foods.

Serve fresh fruits as snacks.

Periodically break up sitting time.

Identify someone to facilitate a short physical break(s).

Learn more about healthy meetings from the [National Alliance for Nutrition and Activity \(NANA\) Meeting Guidance](#) and from the [Centers for Disease Control and Prevention](#)..

Recipes to Try - for Sunny or Rainy Spring Days

- [Lemon Cilantro Slaw](#)
- [Creamy Succotash Soup](#)
- [Double Berry Pie Squares](#)



Recent Research and Featured Articles

Metformin Updates

Two new studies show positive effects from the use of the generic drug Metformin, including that it's [safer for the heart](#), and that it may [reduce cancer death risk](#). A large analysis found up to 40 percent lower risk of heart disease death versus sulfonylureas. (HealthDay)

Treating Type 2 Diabetes

This [Consumer Reports article](#) provides an easy to read and understand explanation of diabetes, and makes recommendations about diabetes medications based on a Consumer Reports Best Buy Drugs evaluation that are in line with the information presented in the HealthDay articles above.

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